



## Food for Thought with Catherine Jheon

### About

- [Blog Home](#)
- [About This Blog](#)
- [About CJ](#)
- [Contact](#)
- [Code of Conduct](#)

### Categories

- [Behind the Scenes \(67\)](#)
- [CJ's Guilty Pleasures \(23\)](#)
- [Food News \(149\)](#)
- [Food Trends \(94\)](#)
- [Foodtv.ca Cooking Club \(28\)](#)
- [Giveaways \(12\)](#)
- [Guest Bloggers \(64\)](#)
- [Interviews \(32\)](#)
- [Kitchen Gadgets \(16\)](#)
- [Miami \(7\)](#)
- [Question of the Week \(4\)](#)
- [Recipes \(76\)](#)
- [Reviews \(70\)](#)

### Recent Entries

- [Our New Global Cuisine Microsite](#)
- [INTERVIEW: Knife Skills Illustrated](#)
- [Question of the Week: What's Your Favourite Cooking Music?](#)
- [Calls for September Cooking Club Challenge](#)
- [The Main Website Launched](#)

### Recent Comments

- [Rita Spark on Our New Global Cuisine Microsite: "Thats excellentyou can tr..."](#)
- [Very informative! Thanks"](#)
- [Kathryn on Question of the Week: What's Your Favourite Cooking Music?: "Usually smooth jazz \(Soph..."](#)
- [Jerralynn on Question of the Week: What's Your Favourite Cooking Music?: "I especially love to list..."](#)
- [jason on Question of the Week: What's Your Favourite Cooking Music?: "anything from detroit rad..."](#)

### Archives by Date

- [September 2007 \(30\)](#)
- [August 2007 \(41\)](#)
- [July 2007 \(46\)](#)
- [June 2007 \(38\)](#)
- [May 2007 \(29\)](#)

Monday, September 17, 2007 2:58 PM

## GUEST BLOGGER: David Adje's Buttermilk Onion Rings



One of my favourite things is getting hand-made onion rings at a restaurant! It makes me feel like the people cooking there really care about the food -- even if it's just a local greasy spoon. So, when I saw David Adje effortlessly prepare some very delectable-looking buttermilk onion rings in an [episode of Restaurant Makeover](#), I wanted to try them too. Fast-forward a few months later, and what should come across my desk but Adje's latest cookbook, *Deconstructing the Dish*.

The book is packed with gorgeous photography and recipes fit for your next dinner party! And even though I feel intimidated by just about every recipe in there, I was happy to see Adje had included his onion ring recipe (which appeared to be [the very same one](#) from that *Restaurant Makeover* episode).

This recipe includes a lot of great flavours, such as smoked paprika, chili powder, dried mustard and cayenne pepper. I don't know about the rest of you, but I don't keep a lot of those spices on my pantry shelves (I just hate things sitting on my shelf for months at a time), so I set off to the bulk food store to gather my supplies. What kind of basic spices do the rest of you keep on your shelves at home?

Back at home, I got to work. There's a wet component and a dry component to this recipe; it got a little messy. Basically you dip the rings in the batter, dredge them in a flour mixture and fry. They turned out great! They were crispy, light and delicious. Smoked paprika is my new favourite ingredient.

You can check out some of [David Adje's recipes here](#), and he also contributed [a great article to our Weddings site](#) recently. But if you want to get your hands on a copy of *Deconstructing the Dish* for yourself, [sign up for the Foodtv.ca Newsletter](#) for a chance to win a copy of the book.

Jessica, Manager, Foodtv.ca

Published by Jessica [Edit](#)

Filed under: [Guest Bloggers](#), [Giveaways](#) [[Edit Tags](#)]

Check out the

glitz,  
the guts  
and  
glamour

only on

slice.ca

